



**Mayor Derek Armstead,
The City of Linden and
Department of Parks & Recreation**



Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Where: Linden TV Channel 36/42

Time: 9:00am-10:00am

When: Fridays: April 9-May 21, 2021

Program Fee: FREE



Zumba Gold is proudly sponsored by: **ARISTACARE** 
@DELAIRE

View full class descriptions and register online at
<https://register.communitypass.net/linden>
All first-time registrants are required to call 908-474-8600 or 908-474-8627
Monday-Friday 9:00am-4:00pm to set up an account.

Another quality program offered by the **Department of Parks & Recreation**
For more information, please call 908-474-8600